



Peer-Led Health and Wellbeing Interventions: Feasibility, Effectiveness and Future Potential

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Message from the Guest Editors

It is well known that health and wellbeing interventions are feasible, safe and effective for the majority of population groups to improve their overall health. However, while short-term changes in behaviours, ranging from increased physical activity and improved diet and nutrition to increased water intake and sleep quality, have been consistently shown, long-term changes prove harder to sustain. Other challenges include low engagement and retention and resource-intensive and researcher/expert-led interventions that are expensive and difficult to sustain for many organisations.

Peer-led interventions are an emerging trend and have shown promise in being able to address some of the issues described above. Participants or patient groups often respond more favourably to people they can relate to. Peer-led interventions may also be more cost-effective and sustainable in the long term. This Special Issue seeks to bring together a group of research papers that address the feasibility, effectiveness and future potential of peer-led interventions, ranging from single-activity (e.g., exercise) to multi-activity holistic wellbeing interventions.





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Message from the Editor-in-Chief

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